

Breakfast Quinoa Pudding

<u>Code</u>
\$, Q, V, GF



Ingredients Needed:

- ½ cup quinoa
- 2/3 cups fat free milk
- 2 tsp. sugar
- ½ tsp. vanilla extract
- ½ tsp. cinnamon
- 1 large eggs

<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	471
Total Fat	10 g
Sat Fat	2 g
Sodium	230 mg
Added Sugar	8 g
Fiber	8 g
Vitamin A	23% DV
Vitamin D	13% DV
Vitamin E	13 % DV
Potassium	16% DV
Calcium	27% DV
Iron	28% DV

Recipe Directions:

1. In a medium pot, add quinoa and cover with water; bring to a boil and cook for 7 minutes, then drain and run cold water over quinoa.
2. Return cooked quinoa to pot and add milk, sugar, vanilla, and cinnamon; bring to a boil stirring constantly.
3. In a small bowl, beat eggs; then slowly add to milk mixture while whisking continuously.
4. Reduce heat to a simmer and cook for 10 minutes, stirring every 5 minutes.
5. Serve! Top with fruit if desired.